



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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FEBRUARY

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Mayor's Spotlight



responsible budget, and I look forward to working with the Council again this year to ensure that we maintain our investments in critical sectors, such as public safety and schools. As I told Council President Ross and his colleagues after his election, good government is not about individual accolades. It's about serving the people of our City in the best way that we all can.

The New Year brings with it not only new challenges but opportunities to come together to reach our collective goals. I've always said that we can't achieve progress without having partnership. In January, I was proud to renew the collaborative relationship that I share with the City Council, as District Councilor Michael Ross of Mission Hill was elected Council President. This is a great and well-deserved honor for Council President Ross, and I congratulate him on this achievement. He understands the value of partnership as well, and I'm confident that under his leadership we will strengthen this relationship in order to successfully address the challenges that we face in 2009.

I look forward to working with the Council during the coming months, especially as we move forward with the difficult task of developing the budget for the next fiscal year. With the possibility of state cuts to local aid, we will all have to work together to craft a sensible and prudent budget. Last year, the City Council was instrumental in helping to quickly pass a

In January, I learned of the results of the City's 29th annual Homeless Census. The results show an 11 percent increase in the overall number of homeless men, women and children. The number of homeless families is also higher for the fourth year in a row, meaning that children continue to be the fastest growing homeless population.

However, the census also revealed some encouraging news reflecting the City's efforts, a decrease in the number of elderly individuals on the streets from a high of 77 in 2004 to fewer than 30 in December. These reductions reflect that our housing strategy for the long term homeless population is having a positive effect in shelters and on the streets. We remain committed to increasing the supply of affordable housing options in Boston.

2009 will have its challenges, just as 2008 did, but by working together we'll continue to make progress. I look forward to seeing you out in the neighborhoods and working with you to move Boston forward.

What You Need to Know About the Switch to Digital TV



ARE YOU READY FOR FEBRUARY 17, 2009?

TV is changing, and it may require action on your part or you won't get any TV signal at all.

Staff at the Elderly Commission can assist you with:

- Assessing your need for a digital converter box
- Applying for a converter box coupon
- Obtaining a converter box
- Installing the converter box in your home

Don't wait until your TV goes blank, please call the Elderly Commission at 617-635-4366.

Let us help you make the switch to digital TV today!



What is the Digital Broadcast Transition?

At midnight on February 17, 2009, all full- power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders.

Who is Affected?

If you have one or more analog-only TV's that don't have cable or satellite service connected to them and are using a "rabbit ear" antenna to receive your local-over-the-air broadcasts, you will be affected by this transition, and will need to take action to continue receiving any local over-the-air broadcasts after February 17, 2009.

If you are Affected by the Digital Broadcast Transition, you have 3 Options.

Option 1: Buy a box that converts digital signals to analog signals that your analog set can display.

Estimated Cost: \$50-\$70 if you buy a basic converter box

Between January 1, 2008 and March 31, 2009, you can request a \$40 coupon while supplies last. (\$10-\$30 with coupon)

Option 2: Buy a new television set with a built in ATSC digital tuner.

Estimated Cost: \$100 and up. (High Definition is not required)

Option 3: Subscribe to cable or satellite video service. (if available)

Estimated Cost: At least \$8-\$20/month (\$96-\$240/year) plus possible equipment rental fees

Lo que tienes que saber sobre el cambio digital de la televisión



¿ESTAS LISTO PARA EL 17 DE FEBRERO DE 2009?

La televisión esta cambiando y puede que requiera acción de su parte o no tendrá señales de televisión.

El Personal de La Comisión de las Personas de la Tercera Edad le pueden ayudar con lo siguiente:

- Evaluar su necesidad para la caja convertidora
- Solicitar un cupón para la caja convertidora
- Obtener una caja convertidora
- Instalar una caja convertidora en su casa

No espere que su televisor se quede sin señal, por favor llame a La Comisión de las Personas de la Tercera Edad al 617-635-4366.

Déjenos ayudarle hacer su cambio a la televisión digital hoy!



¿Qué es la transición digital de la televisión?

A la medianoche del 17 de febrero del 2009 todas las estaciones de televisión en los Estados Unidos dejarán de transmitir sus señales análogas y cambiarán totalmente a transmisiones digitales. La transmisión digital proporcionará una imagen más clara y más opciones de programación y liberará las señales análogas para el uso de los canales de emergencia.

¿Quién será afectado?

Los consumidores que reciben su señal de la televisión “por aire” con antenas colocadas en el techo o por las tradicionales de conejo – y que no están suscritas a cable, satélite, o a una compañía telefónica – serán afectados por la transición. Si los consumidores no hacen la transición fácil a TV digital arriesgan la perdida de sus señales a partir del 17 de febrero en 2009.

Si están afectados por la transición digital tendrán tres opciones.

Primer Opción: Comprar una caja convertidora de TV digital que transforme la señal análoga a digital para su televisor existente.

Cálculo aproximado: \$50-\$70 si compran la caja convertidora

A partir del 1 de enero del 2008, y hasta el 31 de marzo del 2009, un cupón de \$40 será ofrecido. (\$10-\$30 con el compón) Es importante solicitar los cupones lo antes posible.

Segundo Opción: Comprar un nuevo televisor con un sintonizador digital.

Cálculo aproximado: \$100 o más. (Recuerde que no tiene que comprar un televisor de alta definición (HDTV por sus siglas en inglés) para ver la programación en formato digital.

Tercer Opción: Contratar al cable, satélite o proveedor de servicio de telecomunicaciones. (si esta disponible)

Cálculo aproximado: Por lo meno \$8-\$20/al mes (\$96-\$240/al año) con la posibilidad de cargos para equipo rentado.

MORE SENIORS NEED FOOD HELP

Project Bread's Hotline Assisting Greater Numbers of Elderly

Peg M. is 82 years old and lives in subsidized senior housing in a Boston suburb. Peg is resourceful, determined, and proud. Until recently, she managed on a meager food budget, insisting “I don’t eat that much.” Nonetheless, Peg relished the weekly home cooked meals and leftovers she took away from her grown daughter’s home. When her daughter was laid off a few weeks ago, an overall sense of anxiety pervaded the family. Peg realized she had to help, if only to rely less on the meals her daughter provided. Heeding the encouragement from friends in her senior community, Peg reluctantly called Project Bread’s FoodSource Hotline to ask about food stamps. What she learned eased her mind about accepting nutrition assistance, loosened her tight budget with extra spending money, and relieved her insecurity about eating regularly.

The elderly are applying for food assistance in greater numbers according to Project Bread, the state’s leading antihunger organization. From August to October 2008, Project Bread’s FoodSource Hotline prescreened 2,730 elder households for food stamps, which represented an 850 percent increase from the same period in 2007 when there were 321 senior



prescreenings. The average benefit for an elderly person is \$120 per month from food stamps — the federal program renamed SNAP (Supplemental Nutrition Assistance Program).

The reasons for the marked increase in calls from seniors for food stamps are many: Escalating food costs and worry about increased taxes are causing those on fixed incomes to seek help; aggressive outreach by Project Bread through the Massachusetts Councils on Aging; and the fact that the Massachusetts Department of Transitional Assistance (DTA) and Governor Patrick’s Administration have made the program more user friendly. The FoodSource Hotline (1-800-645-8333) not only helps seniors complete their application forms but it answers questions about hunger and food relief in 160 languages. In the current financial crisis, the Hotline has expanded its hours, operating weekdays from 8 A.M. to 7 P.M. and Saturdays from 10 A.M. to 2 P.M.

In a fiscal downturn everyone bears the weight, but vulnerable populations, such as the elderly, feel the burden most

keenly. Many senior citizens who call the FoodSource Hotline find themselves in new or reduced circumstances and insecure about their food, a condition that resonates into all areas of their lives. The money Peg M. receives from SNAP gives her access to fish, fresh fruits, and vegetables. She is comfortable using the EBT card instead of counting out actual stamps at the cash register. She feels less of a burden to her suddenly unemployed daughter. And the extra money from SNAP also helps Peg's friends adhere to medically-prescribed special diets for diabetes and Celiac Disease.

"Hunger is a solvable problem when we use all the resources available," says Ellen Parker, the executive director of Project Bread. "And food stamps are a win-win, giving seniors the nutrition they need while also bringing in millions of dollars into the state's economy." Parker wrote the **2008 Status Report on Hunger in Massachusetts**, released by Project Bread in October. The document calls for enrolling "every eligible resident in the federally funded nutrition programs

— including food stamps, school meals, after-school programs, and summer meals programs."

For more information and statistics about the FoodSource Hotline, the **2008 Status Report on Hunger**, or Project Bread, please call 617.239.2524.

About Project Bread

As the state's leading antihunger organization, Project Bread is dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts. Through The Walk for Hunger, the oldest continual pledge walk in the country, Project Bread provides millions of dollars each year in privately donated funds to over 400 emergency food programs in 128 communities statewide. Project Bread also advocates systemic solutions that prevent hunger in children and that provide food to families in natural, everyday settings. With the support of the Governor and State Legislature, the organization has invested millions in grants to community organizations that feed children where they live, learn, and play. For more information, visit www.projectbread.org.

Curbside Recycling - It's Easy



Take your Blue Bin, paper and cardboard out to the curb before 7 am on your recycling day or put out the night before after 5 pm. The accepted items will be collected and recycled. For information on obtaining your bin, accepted materials, and your scheduled recycling day please visit www.cityofboston.gov/publicworks/recycling/curbside.asp or call 617-635-4959 for more information.



BABY BOOMERS NEED FLU VACCINE

Katie Couric and Bryant Gumble have news for you. They are baby-boomers, too, and are recommended to get the flu vaccine this year and every year.

It may not always make the headlines or be the lead story on the evening news, but influenza (the flu) kills. Every year in the United States on average, 36,000 Americans die from flu-related complications and about 200,000 people are hospitalized. Baby boomers are getting to the age when the risk for flu complications, including serious illness, hospitalization, and even death, goes up. For this reason, the Centers for Disease Control and Prevention (CDC) recommends that all people 50 and older get an annual flu shot as the first and most important step in protecting against this serious disease.

Many people 50 and older have chronic illnesses such as diabetes or heart disease that place them at greater risk of serious flu-related complications if they get the flu. Fortunately, there is a safe and effective vaccine against influenza that can prevent illness and reduce serious flu-related outcomes like hospitalization and death.

Because influenza is contagious, an infected person can easily spread it with a cough or sneeze. And what many people don't know is that flu can be passed to others even

before symptoms develop.



“Flu is not to be taken lightly. People who do not get the flu vaccine are taking two risks: first, they risk a potentially serious case of the flu. And second, if they get sick, they risk passing it to family, friends, and co-workers,” says Dr. Anne Schuchat, director of the National Center for Immunization and Respiratory Diseases at CDC. “The latter can be especially dangerous for people at high risk of serious, flu-related complications and death.

CDC also recommends vaccination for children 6 months through 18 years of age; pregnant women; people of all ages with chronic health conditions like asthma, diabetes or heart or lung disease; and anyone who lives in a nursing home or long-term care facility. In addition, people who live with or care for anyone in a high risk group should also get a flu vaccine to protect their high-risk contact.

Scientists monitor the ever-changing flu viruses worldwide and a new flu vaccine is produced each year to protect against the three main flu viruses that research indicates will cause the most illness during the upcoming season. The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.

“Vaccination is the single best way to protect yourself and the people you love from influenza,” explains Dr. Schuchat. CDC recommends that vaccination begin as soon as vaccine is available and continue into December and beyond. Getting the vaccine later in the season can still provide protection against influenza, as flu season usually does not peak until February or later and flu activity can continue into the Spring.

Find out when and where to get a flu vaccine by contacting your doctor or local health department.

To learn more, call
CDC at 1-800-CDC-INFO.

T gates go all accessible

Seniors, riders with disabilities no longer have to use ‘reduced fare’ entrance.

Seniors and riders with disabilities will now be able to use all of the fare gates at MBTA stations rather than being forced to use the dedicated “reduced fare” gates.

After the changeover from tokens to the CharlieCard, rider’s petitioned the T to end its policy of relegating those with reduced fare passes to the dedicated gates only. The T has finally ended the “archaic practice,” MBTA General Manager Dan Grabauskas said.

The T was concerned the move could welcome fare evaders who get their hands on discounted rate CharlieCards. But Grabauskas said, “enough preventative measures such as security cameras and deactivating cards being used improperly are in place to expand access to all riders.”

“The inconvenience for people with disabilities and seniors was out weighing anything else that we may face,” said Grabauskas. The right thing to do was to open up all the fare gates.”

The T will reach out to organizations representing seniors and people with disabilities to notify them of the change. Bob Hachey, president of the Bay State Council of the Blind, said he’s been pushing this move for months. Hachey, who is blind himself, said it’s sometimes difficult for his guide dog to help him navigate to the proper fare gate.

“Some stations that I’m familiar with I know where to go, but the ones where I’m kind of fumbling around,” he said. “I’m very happy about this. It will be much easier for blind people to get through these gates.”



Psychosocial issues for cancer survivors

This is part of a two part series looking at the emotional and medical “after effects” of cancer treatment.

The end of cancer treatment is almost always a time of relief and joy but it is often a time of fear and uncertainty. While cancer patients are looking forward to getting back to their lives and being “normal” again, the truth for many cancer survivors is that the end of treatment may bring feelings of sadness and worry. It is common for cancer survivors to worry about whether the cancer will return and what will happen after treatment has ended.

In this series, experts from the Dana-Farber Cancer Institute will discuss the emotional and medical issues that face cancer survivors and give helpful hints about what cancer survivors and their loved ones can do to help support survivors’ unique needs.

Adjusting to Life After Cancer *Part One – Emotional Well-Being*

Amy Grose, LICSW
Psycho/social Program Leader
Lance Armstrong Foundation Adult
Survivorship Clinic
Dana-Farber Cancer Institute

Cancer impacts much more than the physical body. People who have faced a cancer diagnosis and gone through the challenges of treatment must also discover ways to recover emotionally, spiritually and psychosocially.

Often the successful completion of cancer treatment is cause for celebration. But in the

months and years after treatment has ended, many cancer survivors may experience a mix of emotional responses as they seek to integrate the impact of having had cancer. They also may experience fear of their cancer recurring, feelings of depression and anxiety, decrease in stamina and increased fatigue, disruption in concentration and memory, or sexual dysfunction. However, some cancer survivors also find they have a renewed sense of purpose and awareness of what brings meaning and joy to their lives. Getting through treatment may be an opportunity to discover inner strength and the caring support of others.

It is important to recognize that cancer also impacts the lives of families, friends and co-workers. They can be affected by seeing someone they care about go through the cancer experience. In addition to worrying about how the person with cancer is doing, they may wonder about what support to offer and whether it is alright to ask questions about how someone is doing. They also may feel relieved that it is over and believe that things will be “back to normal” right away.

Healing emotionally after cancer is a process that is unique to each person. How one responds depends on many factors, including who they were before the illness, what supports they have in their lives, the type of treatment they underwent, and the physical effects of their cancer. At each step in the journey, cancer survivors make choices including how to perceive what has happened, and how to live the rest of their

lives they fought hard to have.

Cancer survivors, their families and friends probably have expectations about what the end of treatment will be like. It can be challenging for survivors to adjust to physical changes and to know their healing will have to unfold over time. This may not happen as quickly as they would like. Survivors should ask their medical team for their opinions about when they can expect to be able to return to doing specific activities. Because family members may have varying expectations, it is important for survivors and their families to share this information.

What To Do?

- 1. Be informed:** Get information about the cancer treatments, when to see the oncologist, and what risks, symptoms and health issues to monitor. Find out how to be actively involved in good health behavior.
- 2. Be aware that this is a time of adjustment:** Just as it took time to adjust emotionally to the cancer diagnosis and learn how to cope with treatment, the time after treatment ends is a new experience. Survivors may benefit by noticing how they are feeling and getting the support they need to help integrate the emotional impact of their cancer experience.
- 3. Get support:** Find ways to get support from people who will listen and help with the coping process during this time of transition. Friends, family and spiritual leaders can be important sources of support. Support groups can also be a place to connect with others who are going through similar experiences. Talking with a counselor at a cancer center or in the community can be helpful, especially if feelings of anxiety, hopelessness, anger or sadness do not go away after a couple of weeks.
- 4. Be active:** Ask the medical team for appropriate exercises and goals to work toward during recovery.
- 5. Find ways to relax and manage stress:** Utilize relaxation techniques, meditation, yoga, tai chi, imagery or other mind-body approaches to relax. Use methods that have worked before or explore new options.
- 6. Know it is okay to not feel positive, grateful and happy all the time:** While there are many things to celebrate, it is normal to feel frustration, sadness or disappointment that things are different than expected... It is possible and normal to feel a mix of emotions, such as gratitude and anger, hope and fear, and loneliness and connection with community.
- 7. Acknowledge and grieve for what has been lost:** Survivors should recognize their losses, such as loss of what they thought the future would look like, changes in how they feel about their body, and the time and energy they had to give to their treatment. Mourning for losses helps in moving forward and focusing on the future.

Some Common Emotional Reactions Cancer Survivors

May Experience:

Feeling pressure to “be happy”

Wanting to plan ahead /

Not wanting to plan ahead

Joy

Relief

Numbness

Pride

Confusion

Worry

Gratitude

Depression

Fear

Anger

Happiness

Grief

Hope

Isolation

Anxiety

Impatience

Feeling unsettled

Stress

Celebration

Guilt

Overwhelmed

Freedom

Post Traumatic Stress

Post Traumatic Growth

8. Focus on what can be done: Pay attention to what can be done to help meet goals and priorities. Put energy in this direction rather than focusing on what cannot be accomplished

9. Spend time doing things that bring joy, energy and connection what is important in life and remember to honor what has been accomplished.

For more information about services for cancer survivors call the Lance Armstrong Foundation Adult Cancer Survivorship Clinic at the Dana-Farber Cancer Institute at 617-632-5100 or visit www.dana-farber.org/survivor

The City of Boston Fire Safety Program provides

FREE SMOKE DETECTORS

for Seniors living in the City of Boston.

For more information please call Ernie Deeb at 617-635-2359.



Seniors Should Remember the Importance of Drug Labels

By Peter Pitts



Americans and seniors in particular have access to more cutting-edge pharmaceuticals than ever before. But medicines carry risks. Failing to pay attention to a drug's label by taking more than the recommended dosage or mixing with the wrong medicines can lead to serious side effects.

Right now, only the Food and Drug Administration (FDA) has the authority to approve drug labels. This helps consumers by ensuring that labels in all 50 states contain the same warnings about potential side effects and instructions for safe usage.

That may soon change. The Supreme Court is about to decide a landmark case about drug labels. The question before the Court is whether expert scientists at the FDA or local juries should have the final say regarding what's written on a prescription drug's warning label.

It all goes back to Diana Levine, a Vermont woman who went to a clinic because of a migraine. In the course of her treatment, a doctor's aide administered the anti-nausea drug Phenergan. Tragically, the drug was improperly injected despite an explicit warning label. Levine ended up losing her arm.

Levine sued the physician, the assistant, and the clinic. Each settled. But she also sued Wyeth, the company that produces Phenergan. A Vermont jury ruled that even though Phenergan's label had been approved by the FDA, Wyeth should have prohibited the method of administration used in Levine's treatment.

This put Wyeth in a pickle. By Vermont law, the company was now obligated to prohibit a particular method of drug delivery. Satisfying this requirement, though, would put the company at odds with the FDA.

If the Court rules against Wyeth, drugs could be required to have different labels in each state. And labels might end up reading like complex legal disclaimers.

Regardless of what the Supreme Court decides, this case should serve as a reminder for seniors about the importance of carefully reading and following the instructions on drug labels.

Peter Pitts is President of the Center for Medicine in the Public Interest and a former FDA Associate Commissioner.

The Trouble with Rules

By Howard J. Golick

The book, *The Trouble with Rules* by Leslie Bulion is about a fourth grade student of Upper Springville Elementary School who is torn between her need to respect the rules of the cafeteria which she calls the “zoofeteria” and her friends urge her to follow along.

Have you experienced the situation in which a fellow student pinched you, tapped you, or touched you inappropriately in any way? You exclaimed, “Stop! Or “Cut it out!” but were accused of misconduct. Then you would appreciate the situation Nadie Rostraver was in when she was coaxed onto the boys’ side of the cafeteria by the “new kid on the block” or the time when the new kid disappeared and the teacher blamed Nadie.

Has anyone ever stolen your idea and taken all the credit? Then you can appreciate the incident when she and her long time friend Nick worked painstakingly on designing the cover of the *Spark*, the class literary magazine, only to discover that her classmates “edited” the subtitle from “Mr. Allen Brings New Life to the Solar System.” To “Mr. Alien Brings New Life to the Solar System,” but she received all the blame to the point of being discharged from editing the *Spark*.

Ms. Rostraver brings the reader (you) with her through struggles to design a designated skating area that she and Nick get to call

Brambletown; she also makes her way back to usefulness by being called on to mentor the new staff of the *Spark*. Also, she endeavors to complete an entomology project of finding a pill bug and cultivating its habitat in order to understand its life history and ways of living.

The real conflict of values occurs when her peers ridicule her and her relationship with Nick. Nadie blows up and exclaims, “I’m sick of these stupid rules about what fourth-graders can and can’t do and who can be friends and who can’t! Some rules are for following and some aren’t!” at which time she thinks of quitting.

I chose this book to read because I was adversely affected by rules with which I strongly disagree. At the time I was a senior in high school, I was denied the right to learn to drive because I had to answer yes to a question regarding whether I had a problem of a psychological nature. That problem was finally resolved when I got my license around Christmas of 1963. During that same year, I was available for co-op employment at Northeastern University, my alma mater only to find I was not a good security risk for similar reasons. That problem, too, was resolved when I obtained my position as a cash clerk at the Internal Revenue Service in 1968. Finally, there came a time when I had to retire from the Internal Revenue Service fifteen years later because I am not bright about speed. I

am now happily employed at the Boston Public Library from which I got to read that book.

I sincerely hope that the reader of this report or this book will tear himself/herself away from the priority of “disciplining” their children and instead empathize with

Nadie’s trails and tribulations at school. I also agree with the late Dr. Bruno Bettelheim’s definition of discipline as coming from the disciple, which means follower, which means that if you are disciplining someone, you are merely making that one a follower, not resorting

Things To Do Around Town!!

Where: Museum of Fine Arts

When: Once a month on Saturday’s at 10:30am

What: New Introductory Series of Tours for Blind and Low Vision Visitors

Cost: Free for blind and low vision visitors and their sighted guests



The Accessibility Department of the Museum of Fine Arts, Boston is offering a series of introductory tours to the Museum and its permanent collections for **blind and low vision** individuals who want to build a deeper relationship with the MFA.

Each session will focus on a different collection of the museum and will include way finding and verbal descriptions of spaces. The purpose of the introductory series is to provide the context for further and deeper exploration of the museum. Interested individuals can attend whichever sessions interest them. Individuals can attend one, a few, or all of them!

For more information or to register for one of the sessions, please contact Valarie Burrows, Accessibility Coordinator, at 617-369-3202 or email vburrows@mfa.org. A limited number of sighted guides are available upon request.

Valarie Burrows, Accessibility Coordinator Museum of Fine Arts, Boston Avenue of the Arts 465 Huntington Avenue Boston, MA 02155 617-369-3302

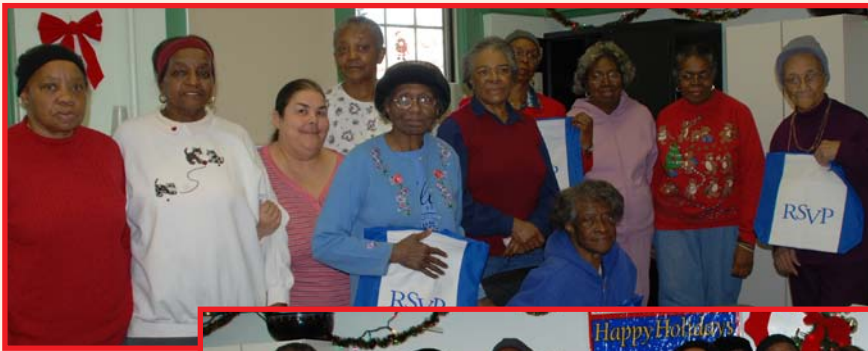
Voice 617-267-9703 TTY www.mfa.org

Seniors (60 or OLDER)

There’s a **Card Game Bash** Fridays 2pm – 4pm, at Kit Clark Senior Services, 1500 Dorchester Avenue., close to the Fields Corner station on the Red Line. I’m there most Fridays. Yours Truly, Malcolm J. Newbury Jr.



Retired Senior Volunteer Program Recognition 2008



*Happy Hands
&
Hooks and Needles*



Seniors on Call



State House



Museum of Science



Hebrew Rehabilitation Center for Aged



*Jackie Henderson
(left)*

Thank you!



Did You Know?

Black history in our own Backyard

By Michael P. Kincade



Framingham Mass has the honor of being the home of Doctor Solomon Carter Fuller, the first known Black psychiatrist in America. Doctor Fuller, who was born August 11th, 1872 in Monrovia, Liberia came to the United States in 1889 to attend Livingston College.

Upon graduating in 1893 he first attended Long Island College Hospital. Later Dr. Fuller transferred to Boston University School of Medicine (BUSM) where he received his M.D. degree in 1897. Two years later after starting out as an intern and helper in the pathology lab at Westboro State Hospital he was promoted to pathologist, a position in which he remained for 22 years. Fuller was also a consultant to the hospital for an additional 23 years. During the same time period Dr. Fuller also taught at BUSM for 34 years, becoming in turn, an instructor, lecturer, associate professor, and emeritus professor of neurology.

What is even more amazing about Doctor Fuller is that in 1904 he traveled to Germany to study psychiatry under Doctor Aloise Alzheimer the man credited with

discovering Alzheimer's. His work with Dr. Alzheimer's was so respected that after his return in 1912 the Journal of Nervous and Mental Disorders published his report of the ninth case of Alzheimer's Disease.

As well as having a community mental health center in Boston named after him, in 1972, the American Psychiatric Association and the Black Psychiatrists of America established the Solomon Carter Fuller Institute. In 1975 the American Psychological Association's Black Caucus also introduced the Solomon Carter Fuller Award.

The Massachusetts/ New Hampshire Chapter of the Alzheimer Association is also excited to announce the return of the annual African American Community Forum on Memory Loss. The forum which this year will be bigger and more informative will be in the spring.

For more information or to register contact the Alzheimer's Association at 617-868-6718.

Sabia Usted?

La Historia Negra en nuestro propio Patio

Por: Mike Kincade



Framingham Massachusetts, tiene el honor de ser la casa del Doctor Solomon Carter Fuller, el primer Siquiatra Afro-Americano conocido en América. El Doctor Fuller, nació el 11 de agosto de 1872 en Monrovia, Liberia y vino a los Estados Unidos en 1889 para estudiar en la Universidad de Livingston. (Livingston College.)

Después de graduarse en 1893 asistió a la Universidad del Hospital de Long Island, (Long Island College Hospital.) Mas tarde el Doctor Fuller se transfirió a La Escuela de Medicina de la Universidad de Boston (Boston University School of Medicine) donde recibió su doctorado en 1897. Dos años después de haber empezado como interno y ayudante del laboratorio de patología en el Hospital Estatal de Westboro, fue ascendido como patologista, un título en el que permaneció por 22 años. Fuller también fue un consultante para el hospital por 23 años. Durante ese período el Doctor Fuller también enseñó en La Escuela de Medicina de la Universidad de Boston por 34 años, convirtiéndose de esta manera en un profesor reconocido de neurología.

Lo que es aún más impresionante acerca del Doctor Fuller es que en 1904 viajó a Alemania para estudiar Siquiatría con los auspicios del Doctor Aloise Alzheimer, el

hombre acreditado con el descubrimiento de Alzheimer's. Su trabajo con el Doctor Alzheimer's fue tan respetado que a su regreso en 1912 El Diario de Nervios y Desordenes Mentales (The Journal of Nervous and Mental Disorders) publicó su reporte del noveno caso de la enfermedad de Alzheimer.

Aparte de tener un centro comunitario de salud mental en Boston en su nombre, en 1972, La Asociación de Siquiatras Americanos y Siquiatras Negros de America (American Psychiatric Association y Black Psychiatrist of América) establecieron el Instituto Solomon Fuller. En 1975 La Asociación Sicóloga Americana, Black Caucus (The American Psychological Association's Black Caucus) también introdujo el Galardón Solomon Carter Fuller.

El Capitulo de Massachusetts/New Hampshire de La Asociación de Alzheimer, está orgullosa de anunciar el regreso del Foro Comunitario Anual Afro-Americano, sobre la Pérdida de la Memoria. El foro, el cual este año será más grande y más informativo, será en la primavera. Para mayor información o para registrarse contactar la Asociación de Alzheimer al (617)868-6718.

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THE SPACEMAN

By Mike Flynn

When Glen and Les Charles were looking for a place to base their new television sitcom, they traveled to several cities and visited the local taverns. At the base of Beacon Hill they found what they were looking for and the Bull and Finch Pub became the backdrop for one of the most successful programs of all time (and when it became a tourist Mecca, my friends and I lost our local.) The lead character of “Cheers”, bartender/owner Sam Malone, was originally supposed to be a retired football player to be played by ex- Los Angeles Ram Fred Dryer (who went on to television fame as “Hunter”). Once Ted Danson was cast and the producers started to look into the fabric of what made Boston singular, Sam Malone became a retired Red Sox pitcher modeled after one of the most intelligent and eccentric sports figures this town has ever seen.

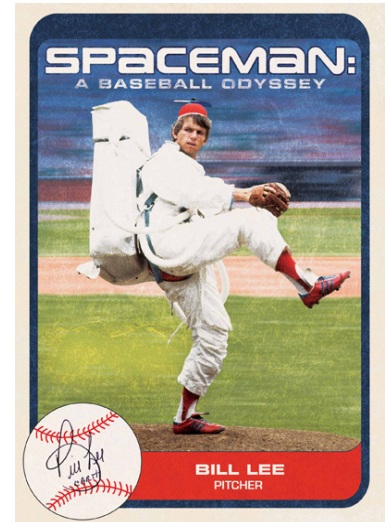
Bill Lee was a true California dude from Marin County and a scion of baseball lineage. His grandfather had played for the Hollywood Stars in 1918, his grandmother broke her leg sliding into second when she was 43 and his aunt Annabelle “Lefty” Lee played in the Woman’s Professional Baseball League. Bill played college ball at the University of California under the tutelage of legendary coach Rod Dedeaux, who claimed his hair went grey mentoring Lee.

He was drafted by the Red Sox and sent to their double A affiliate in Pittsfield. In 1969, when Sox reliever Sparky Lyle was obligated to do two weeks military duty with the National Guard, Lee was called up to take his place in the bullpen. Lee never had an overpowering fastball, but had such an array

of sliders, curves, and other breakers, that opposing batters could never guess what was coming next. When Lyle returned, Lee was not sent back to Pittsfield but remained with the Sox, thus beginning his long career in Boston.

He immediately became a reporters dream. He was one of a kind in a time when athletes were not known to have opinions. No one had ever heard a sports star expound on such outlandish subjects. He read Kurt Vonnegut, quoted Marshall McLuhan, practiced transcendental meditation and yoga, loved French Cinema and jogged to Fenway every day before running became a craze. When he spoke out about court mandated school busing, a city councilor wrote him a letter telling him to stick to baseball. He wrote back informing the councilor that someone was writing him nasty notes using his stationary. Irreverency, thy name is Lee. In this, the biggest college town in the country, the counter culture embraced him.

Yet no one was more competitive. Team mate Fred Lynn has said. “When he stepped between those white lines no one was tougher than Bill.” He realized quickly how important the rivalry between the Yankees and the Sox was. He genuinely hated New York and always fueled the fires with taunts from the dugout when he was not pitching against them. When he was on the mound he did everything he could to come out on top and usually did. He



became known as a Yankee slayer. But the hatred went both ways. It has been rumored that Yankee manager Billy Martin, no slouch in fanning the flames himself, sent Lee a dead fish, underworld style, wrapped in newspaper.

Through the first years of his career he was used primarily out of the bullpen. In 1973 he was put into the starting rotation and responded by winning 17 games and being named to the All-Star team. Two more 17 wins seasons followed in succession. In 1975, the Sox went on to win the pennant, their first since the Cardiac Kids of 1967. Going into the World Series they were huge underdogs to Cincinnati's Big Red Machine. They still took the Reds to game 7 with Lee on the mound. With a 3-0 lead after 5, it was looking good for Lee who was confounding Cincinnati's powerful line-up with his array of junk including a new slow, high, arcing pitch called the Eephus, which had been used in old time baseball when slugger was not yet a term. Lee called it his Leephus pitch. With one on, the Red's slugger Tony Perez came to the plate. Previously in the game, Lee had got him out twice. This time he decided to throw him the Leephus, which seemed to take minutes to come down. Perez deposited it on the Masspike, and cut the lead to one. Lee left with a blister and the bullpen gave up 2 runs. The Reds win the game and the series.

The next year, in a late May game against the Yankees, Lee gives up a base hit to right which Dwight Evans fields on one hop and rifles to catcher Carlton Fisk at home with Yankee Lou Pinella rounding third and barreling down on him. There is a tremendous

collision and Fisk comes up swinging. Both benches empty and a donnybrook ensues. Lee, who had been backing up Fisk, jumps into the fray and is immediately picked up and slammed down on his left shoulder. Something pops. Jumping up he goes after Graig Nettles, the Yankee third baseman, who he thinks is the culprit. Nettles throws a right which connects solidly because Lee cannot raise his arm to defend himself and he goes down again. He is dragged off the field with his arm hanging limply. It looked at the time to be a career ending injury but he is eventually able to pitch again.

By now he had become famous and acquired a nickname, the Spaceman, which he eventually embraced. He was even photographed for the cover of Sports Illustrated pitching in a NASA astronaut space suit and a kid's beanie on his head. By this time the Red Sox had acquired a number of players, who, like Lee, were a new generation of athlete who came of age within the time of changing morals and values of a new America. Bernie Carbo, Jim Willoughby, Ferguson Jenkins and Lee began calling themselves the Buffalo Heads. Head being the term coined by the counter culture to describe themselves. Head shops, where you could buy drug paraphernalia, flourished. There was rumor of marijuana use. Lee denied smoking it but did admit to sprinkling it on his pancakes. He was fined. After most games (and sometimes before they were over) Bill could be found at the Eliot Lounge on the first floor of the hotel of the same name at the corner of Mass and Commonwealth Avenues, where his good friend Tommy Leonard was the bartender.

Tommy was at the time Boston's running guru, friends with Bill Rodgers, Joan Benoit and all the local runners. Every weekend before the Boston Marathon the world famous and not so famous would crowd into the tiny Eliot to see Tommy. Flags from every country which had once had a participant in the race, hung from the ceiling. Tommy went on to found the now world famous Falmouth Road Race. The bridge where Mass Ave crosses over Commonwealth Ave is called the Tommy Leonard Bridge. It was in this colorful bar that Lee spent much of his time when not in uniform (or maybe once or twice still in uniform.) The Buffalo heads would blast Warren Zevon songs in the clubhouse, (Zevon actually recorded a song called "Bill Lee" on one of his albums.) and were united in their hatred of Red Sox manager Don Zimmer.

Nowhere could you find more vastly different personalities. Zimmer was really old school baseball. He had played since his childhood and when he retired he went right into coaching. He never held a job outside of the sport and he had never encountered anyone like the Spaceman. There were constant confrontations. Lee nicknamed him the Gerbil, the press picked it up and it stuck. Zimmer was furious. All bridges had been burned. Zimmer convinced management to trade two of the Buffalo Heads and buried Lee in the bullpen. And boy did it cost the Sox.

In July of that year the Sox had a 14 game lead over the Yankees. By September 7 the lead had closed to 4 with a four games series at Fenway. With Lee languishing in the pen the Yankees swept by a combined total of 42-9. It is known as the second Boston Massacre.

In December of that year, Bill Lee was traded to the Montreal Expos for Stan Papi. He won 16 games for the Expos and was named National League left handed pitcher of the year. The Sox sank. The following year he was hit by a cab while jogging to the park. He jumped up, dusted himself off, got in the cab, pulled up to the clubhouse and was dressed and on the field within the hour. In 1982, Lee walked out on the Expos in protest when they traded teammate Rodney Scott. They had enough and released him, effectively ending his Major League career.

Although his time in the Bigs was over, his baseball days were not, nor were his antics. He still plays all over the world wherever and whenever he is asked. He has traveled throughout North America and Canada extensively, putting almost more miles behind him than Amtrak. He has played in Russia and frequently visits Cuba. His love of the game cannot be denied and at 60 plus he can still bring it. This past November, Bill Lee was inducted into the Red Sox Hall of Fame having started more games than any left hander in Boston history and their third winningest lefty.

Lee, when he is not on the road, makes New England his home in what is referred to as the Northeast Kingdom in Vermont. Not only has he continued with baseball, he still is as opinionated as ever. Ten years ago he announced he was running for President on a platform of "No guns. No butter. Both can kill." Who knows if we will ever see another of his kind? For now we will just have to settle for the real thing. And, oh ya, those "Cheers" reruns.



HEART DISEASE

By John H. O'Neill III



Heart disease is one of the leading causes of death in the United States. Seniors need to check with their doctors for the care of their hearts. Heart attacks can strike at any time. A visit to the doctor's office can be worthwhile. The doctor can check one's pulse and blood pressure which help to tell how a patient's heart is functioning. Further tests can help prevent any emergencies. People's diets need to be considered. Fruits and vegetables are recommended for everyone. It is important to have a good diet.

February is National Heart Month. Information is made available at that time. February is a good time to check with the doctor. Every year, events are held regarding different matters. There are walks, runs, luncheons, rides, and other things to help raise awareness to the importance of caring for one's heart. The media helps by broadcasting different events. Many seniors have participated in heart-related events.

There are some new medications available for the heart. Checking with the doctor can help a person learn if he or she could be helped by those medications. Seniors should check with their doctor. It can help one to lead an enjoyable life and prevent heart disease.



Basketball

All seniors over 60 years of age who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Center, 6 Cummings Highway (on the corner of Washington St. and Cummins Highway). You can just shoot around or you can participate in 3 on 3 Half Court games.

For more information, please call Ed Conway at (617) 327-6831 or e-mail him at edconway14@yahoo.com

Free

Introductory computer classes at Suffolk University. For more information call Kate at 617-573-8251



EAT HEALTHY

No-Bake Cookies

Ingredients -

8 whole-wheat graham cracker squares, finely ground
1/4 cup raisins
1/4 cup smooth natural peanut butter
2 tablespoons plus 2 teaspoons honey
4 teaspoons unsweetened coconut

Instructions -

Combine ground whole-wheat graham crackers, raisins, peanut butter and honey in a small bowl. Pat into 8 cookies and press lightly in coconut.

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Elderly Commission
Senior Companion Program



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- Senior Companion

RECIPES

Shepherd's Pie

Ingredients -

2 teaspoons extra-virgin olive oil
1/2 cup chopped onion
12 ounces 93%-lean ground beef
2 tablespoons all-purpose flour
1 tablespoon tomato paste
1 cup reduced-sodium beef broth
6 ounces baby spinach, chopped *
1/2 teaspoon garlic powder, divided
2 12-ounce packages frozen winter squash puree, thawed
1/3 cup finely shredded Parmesan cheese

Instructions -

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
3. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top with the squash.
4. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

* Use frozen spinach if needed, defrost and drain liquid (similar to the squash process). If you want to lower the potassium level use green beans instead- frozen or canned.

Makes 4 servings

VITAMIN AND MINERAL SUPPLEMENTS

According to the Council for Responsible Nutrition, a supplement industry trade group, more than 150 million Americans take dietary supplements.

If you walk through the aisles of your local drug store, you will see row after row of vitamins and supplements. There are Vitamins A, B, C, D, E, and K, iron, magnesium, fish oils, glucosamine, ginkgo, antioxidants and the list goes on and on. There are also many types of multivitamins for men, women and children.

What vitamins and supplements should you take?

Before purchasing any of these, ask your doctor. Your doctor is the best person to give you advice. Why? Many of these supplements may interact with the medications that you are already taking and you could have an adverse reaction.

You may think that a daily aspirin, calcium pill or iron pill could help keep you healthy but there could be a dangerous interaction between them and your other medications.

Are you tired? Do not take iron pills unless your doctor says so because they are used in treating iron deficiency anemia which is diagnosed by a blood test. You may need more investigation why you are tired.

If you have any medication questions, speak to your local pharmacist. Your pharmacist is an expert in medications and their interactions.

Your doctor may suggest that you see a nutritionist who will help you select the best foods for you and the nutritionist is also very knowledgeable about vitamins and supplements.

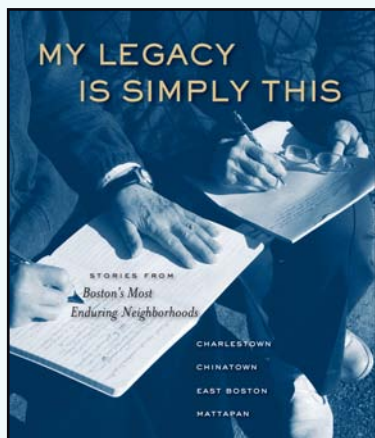
You may be one of the millions of Americans who only needs to eat a well balanced diet, drink plenty of water, exercise, get plenty of rest, avoid stress and use sunscreen!!

Editors' Note

The Editors of Boston Seniority would like to note that the article "Reduce Heating Costs With These Money Saving Tips" in the Winter issue failed to mention that when utilizing space heaters please be CAUTIOUS.

- Never leave a space heater unattended or on while you sleep**
- Do not place a space heater near anything that can catch fire**

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The Memoir Writing Project's second edition My Legacy Is Simply This contains personal stories from seniors in Charlestown, Chinatown, East Boston and Mattapan.

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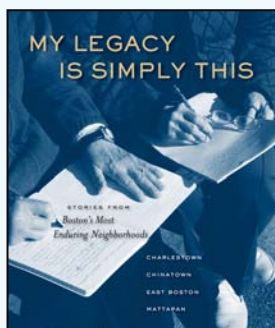
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For more information call
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Kathleen Giordano, Producer
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The Commission's BNN-TV hosts (left) Marybeth Kelly, Lorraine Capozzi, Connie Mohammed, Marie Barry, Fran Johnnene, Carolyn Barnes and Mike McColgan

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The Elderly Commission

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Movie Review of

“The Curious Case of Benjamin Button”

Starring: Brad Pitt, Cate Blanchett,
Taraji P. Henson, Julia Ormond,
Jason Flemyng, Tilda Swinton
Director: David Fincher

Rating: PG-13

Running Time: 2 hrs. 47 min.

On December 18, 2008 the editors of Boston Seniority and five seniors were invited to the premier of “The Curious Case of Benjamin Button”. The movie is a must see. It is the story of a boy that is born with the body of an old man and as he ages his body gets younger. This movie includes a love story, a personal

story, struggle, tragedy, and comedy. Just as in real life. The story is quite compelling. It makes one think about the deeper meaning of what does it really mean to grow old?

The only drawback to the movie was its length. Do not take a soda into the movie!

I recommend this movie to people of all ages.

Comments from other viewers:

Barbara – Liked it!! Would recommend it!!

Helen – Weird, never seen anyone grow young backwards. Very science fiction like.

Marsha – What struck me was when the father left Benjamin on the doorstep of a stranger’s house and the stranger gave no second thought to taking him in and raising him as her own son.

Back Cover Answers

Colin Powell

Washington Carver, Maya Angelou,
George

4th row - Oprah Winfrey, George

and Deval Patrick

3rd row - Madame C. J. Walker

Harriet Tubman

2nd row - Martin Luther King, Jr. and

Alex Haley, Jewel Plummer Cobb
1st row - Barack Obama, Daisy Bates,



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For more information please call
Sherry Ellis, Volunteer Coordinator at
617-277-7416

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but to One person you maybe the world.*

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Happy to call home during the holiday season.



Commissioner Eliza Greenberg with Peter Cornell of AT&T, the Mayor's Chief of Staff Judith Kurland alongside George Ivanoski and Michelle Consalvo from AT&T.



Commissioner Greenberg with November Employee of the Month Connie Mohammed and Chief of Staff Karine Querido.



Ready to sell their goodies at the 33rd Annual Holiday Craft Bazaar & Senior Health fair.



Enjoying the Annual Affair to Remember Senior Citizens Dinner at the Harvard School of Public Health.



Big smiles while posing with the swan display at the 19th Annual First Night Celebration.



A bright smile ready to welcome shoppers at the Holiday Craft Bazaar.



Zelma Lacey chats with Mayor Menino and his wife Mrs. Angela Menino during afternoon tea in Charlestown.



Commissioner Greenberg with December Employee of the Month John Fabiano.



Barbara Hopwood dazzles in her outfit at First Night.



First Night volunteer Priscilla Wass (in yellow) poses for a picture with the lovely ladies from Freedom House.



Joe Mazzone ready for the countdown at First Night.



Minnie Nurse (left), Patricia Wade and Charlene Washington Collins pose for a picture.



Good times at First Night.



Commissioner Greenberg with January Employee of the Month Annette Richardson.



Donald Ogden (left) owner of A Yankee Line and bus driver Carl McKinzey help the seniors from Charlestown onto the bus.



These seniors reach out to their loved ones around the world at the Holiday AT&T Phone-A-Thon.



Commissioner Greenberg with the January Quarterly Award recipient Janice Locke.



Mayor Menino with Florence Johnson in Charlestown.



Peter Cornell assists a new friend at the AT&T Phone-A-Thon.



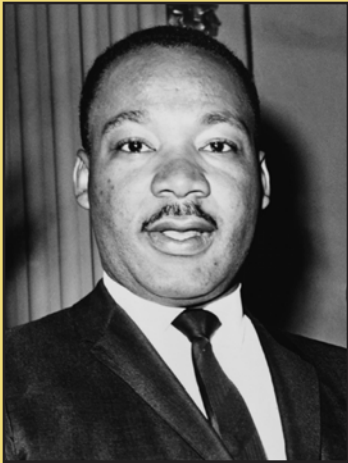
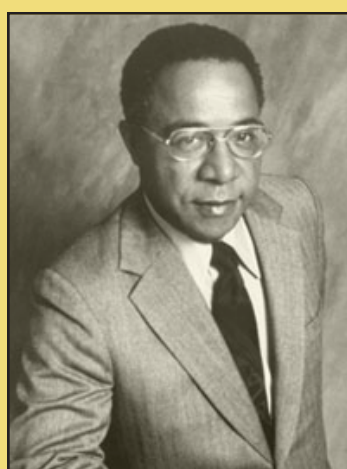
John Puleo (left), Joe Mazzowe and Norman Carter with their beautiful wives.



Having fun selling her wares at the Craft Bazaar.



These ladies enjoy a wonderful dinner at the Harvard School of Public Health.



Celebrate Black History Month

with

Mayor Menino

and

The Elderly Commission

Can you name these faces?

(Names can be found on page 30)

